LUNCH RUSH
NEWEST TERRA BREADS CAFÉ DOES THE TRICK
{page 26}

DR. OZZY
OSBOURNE TALKS HEALTH IN NEW BOOK {page 21}

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Tuesday, October 11, 2011
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News worth sharing.

AMY SUSSMAN/GETTY IMAGES

▶ Actress Jill Hennessey poses backstage during the Cynthia Rowley Fashion Show in New York City in 2009.

Hennessy sings a different tune

- Former Law and Order star all for girl power when choosing roles
- Gets to play her own music in indie film Roadie, showing at VIFF

Jill Hennessy has found a role that fits her real life.

The former Law and Order and Crossing Jordan star plays a singer-songwriter in the indie film Roadie, showing at the Vancouver International Film Festival this week.

Roadie tells the story of failed dreams and reconnecting with roots. A Blue Oyster Cult stagehand, who gets fired by the band, finds himself back home at his mom's house in Queens and gets himself tangled in a love triangle with his high school love and nemesis.

The Edmonton-born Hennessy, who played her own music in the film (her song Ghost in My Head is on the soundtrack), said it was fun to get to do two things she loves.

"Somebody was wondering if my voice was dubbed," Hennessy said. "A lot of people have been really happy or fascinated to learn that I'm singing and playing guitar in the film. They don't know I even do that since they know me as an actor."

CONTRIBUTED

▶ Ron Eldard, left, Jill Hennessy and Bobby Cannavale star in Roadie, showing at VIFF tomorrow and Thursday.

She immediately got on board because of the script, and the people who were doing the film just for the love of it.

"It was a really personal project (for director Michael Cuesta), it's a tale from his heart," she said. "He sort of mapped out his heart's landscape, and music is how he partially defines himself."

Hennessy just wrapped up shooting the TV movie Sunshine Sketches of a Little Town, where she plays a mother of four who moves from London to Canada, trying to take care of her kids. She will soon appear in the new HBO series Luck, co-starring Dustin Hoffman and Nick Nolte, which revolves around the world of horse racing.

Hennessy said she's "subconsciously pursuing" strong female characters because she's a big fan of girl power.

"I'm attracted to powerful women as an audience member," she said. "I'm not interested if somebody isn't proactive, and I also don't think it's realistic. If I don't see it on the screen, then I'm not really drawn to it."

She hopes people who watch Roadie will realize it's never too late to fulfil your dreams.

"You just have try, man. You have to pursue what passion you have. There's no harm in trying. If you don't, sometimes we can lock ourselves away in a box, and life is a little too short for that."

● PHYLICIA TORREVILLAS

More VIFF coverage {page 8}

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Pickton inquiry starts today

Families of serial killer Robert Pickton's victims have known the answer to who killed their loved ones for years.

Today, the Missing Women Commission of Inquiry — aimed at understanding why Pickton was able to do it and how he was able to conduct such a prolific killing spree for so long — will get underway.

"The trial of Pickton just focused on his culpability, and not the quality of the police investigation. It didn't address why it took so long to apprehend that murderer," said lawyer Cameron Ward, who is representing the families of at least 17 of Pickton's victims at the hearings.

Pickton was arrested in 2002 and convicted of six counts of second-degree murder. The remains or DNA of a total of 33 women were found on his farm, and he bragged to police that he killed 49.

The public inquiry will examine the role of the Vancouver police and the RCMP, and why neither force was able to stop a serial killer — or even acknowledge that one existed — as sex workers vanished in the late 1990s and early 2000s.

The hearings will also be the subject of continued controversy over legal funding for non-profit advocacy groups that were granted participant standing by commissioner Wally Oppal but were denied legal funding from the provincial government.

THE CANADIAN PRESS

CHELSEA ALTICE/FOR METRO

▶ Volunteers are armed with pumpkin-pie slices with which to feed some of Vancouver's needy at the annual Union Gospel Mission turkey dinner yesterday.

Union Gospel Mission serves up Thanksgiving

A giant feast of 170 turkeys and 650 pumpkin pies was fed to people in the Downtown Eastside, New Westminster and Mission

CHELSEA ALTICE
VANCOUVER@METRONEWS.CA

Anticipating to serve up to 4,000 people, the Union Gospel Mission (UGM) held their annual Thanksgiving turkey dinner in three locations yesterday.

"It's a start for a lot of people," said Keela Keeping, senior public relations specialist of UGM. "We're not only serving a meal but introducing people to all the programs we have, whether it's shelter they need or getting off drugs."

The 225 volunteers plus staff worked throughout the day to serve a full Thanksgiving dinner complete with trimmings and pumpkin pie.

At the new East Hastings location on Princess Street, bands played to entertain guests inside before their home-style meal. It was a welcome relief from the rainy skies outside.

Darlene Harris has been volunteering for years with UGM and said it's the stories of struggle and guests' parting smiles that keep her coming back.

"Every (once in a while) someone tells you their story and it breaks your heart," Harris said. "But surviving is what this is about and the human spirit here is wonderful."

Clearly Contacts also attended the event to test people's vision and hand out thousands of free glasses.

Organizers said they hope the partnership with UGM over the year will help them to distribute more free glasses to people in need.

1 news

Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan the code for more.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Tomorrow in Metro:

Zombies are invading Metro! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead, so that you'll be prepared if and when they come to your city.

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ALEEZA KHAN/METRO FILE

▶ RainCity Housing's Cardero Street shelter in January.

Jang wants winter HEAT

City councillor introducing motion for province to continue funding of winter shelters ◐ Street sleeping reduced by 82 per cent since 2008: Jang

PHYLICIA TORREVILLAS
@METRONEWS.CA

City Coun. Kerry Jang said he wants to ensure people won't have to sleep outside at night as the Vancouver weather gets colder.

That is why the Vision councillor will move a motion on Oct. 18 at city council calling on more funding from the provincial government for the city's HEAT shelters.

"The province so far has not shown any interest in having this best way of getting people inside," said Jang, adding the city has provided the land and building use, but that the province provides funding for the actual operation of the shelters.

The province has put money into what they call "extreme weather shelters," Jang added, which are shelters that open up in church basements and don't operate 24-7.

"There's no predictability for the homeless and that's why they don't go in," he said. "You can put as much money into these other types of shelters, but they're not nearly as effective."

The "low-barrier" HEAT shelters allow pets and safe storing for personal belongings, he added, and opening them up again this winter is important because they are open 24-7.

"The Stanley New Fountain (shelter), which is a 40-bed facility, has moved over 300 people into care and housing over the last couple of years," he said.

Body found in cluttered home

MATT KIELTYKA
@METRONEWS.CA

Firefighters made a grisly discovery while sifting through the charred remains of a Vancouver home yesterday.

Vancouver Fire and Rescue Services spokesperson Capt. Gabe Roder confirmed that the body of an unidentified man was found on the second floor of a home that burst into flame Sunday morning.

Roder said the blaze, at 795 W. 23rd Ave., was extremely difficult to handle because the home was practically bursting at the seams with clutter.

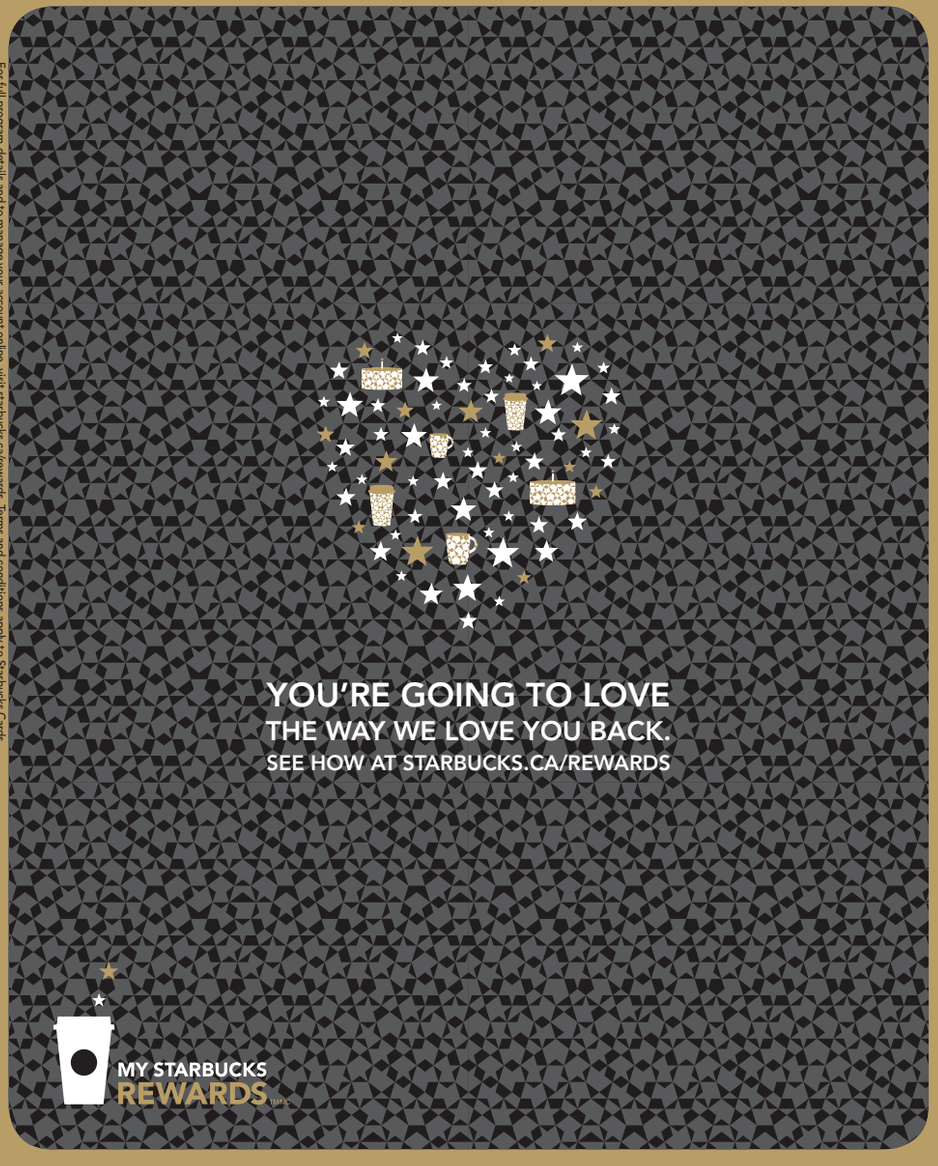
"With all of the extra items in the house and the attic as well, plus the fire, we were denied the mobility to gain access to this home," Roder said. "We had to take a defensive stance and battle the fire from the outside."

The City of Vancouver issued a statement, saying inspectors deemed the house to be vacant in 2005 and believed it to be unoccupied since.

It's not clear if anyone was squatting in the house at the time the fire broke out.

The cause of the fire remains under investigation, but is not deemed suspicious.

The B.C. Coroner's Service removed the body yesterday afternoon and is attempting to identify the victim.



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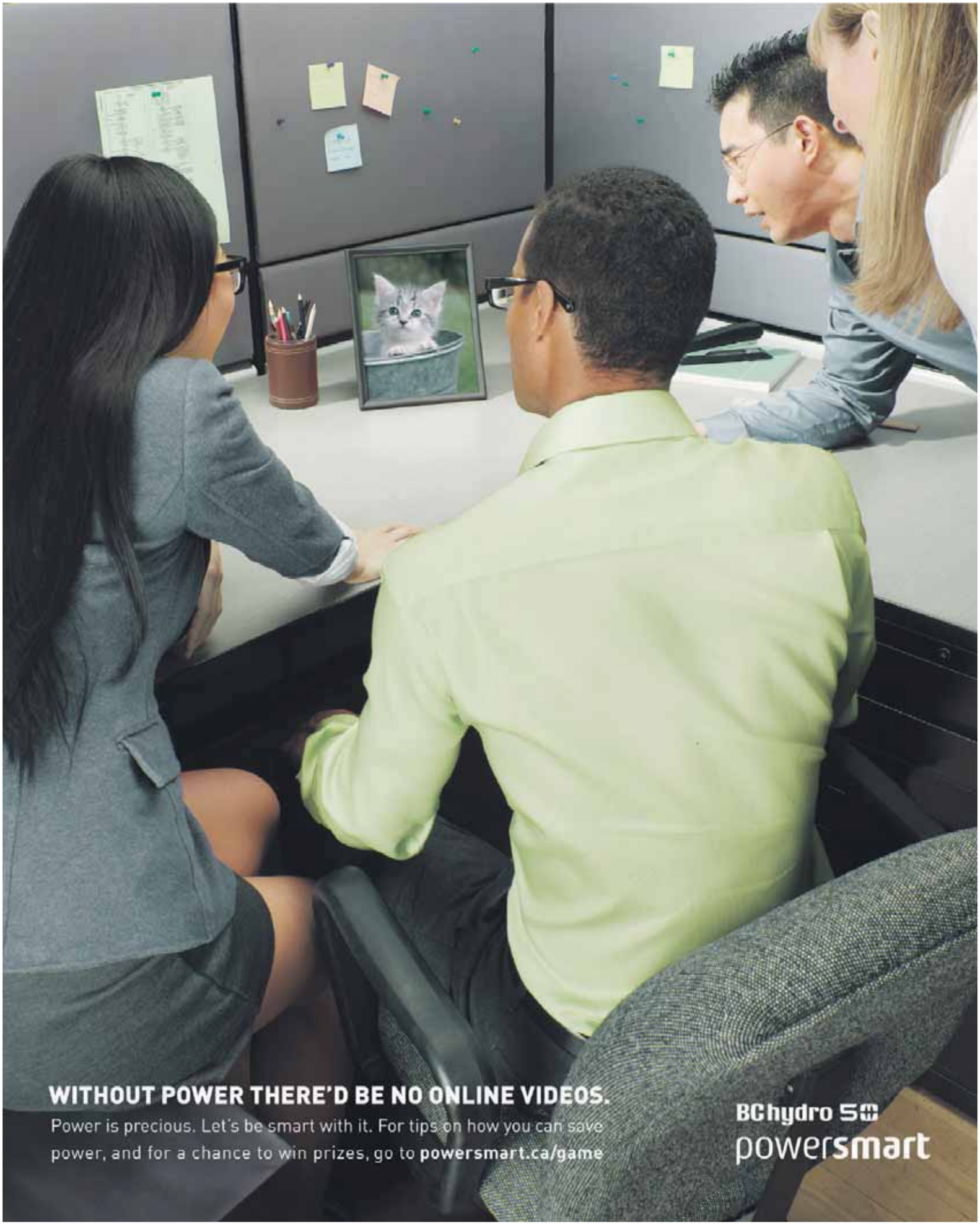
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▶ Children take part in We Day celebrations in Toronto last year.

It's all about We!

We Day comes to Vancouver on Thursday with an eclectic lineup ranging from Mikhail Gorbachev to Shaquille O'Neal Juno winners Hedley also featured

CHELSEA ALTICE
VANCOUVER@METRONEWS.CA

About 18,000 young people will gather at the Rogers Arena on Thursday for We Day, the largest children's charity event in North America.

We Day, which is put on by Free the Children, is an event for students who earn entry by fundraising throughout the year for one local and one global charity.

"We are trying to make changing the world as important as arithmetic," said Craig Kielburger, who co-founded Free the Children with his brother, Marc.

Free the Children creates a year-long school program that engages students on charitable issues and shows that all people can work for positive change, regardless of their age.

Key themes this year will be a global focus on the East African drought and a local focus on improving First Nations engagement and education for youth.

Among the high-profile guests attending We Day in Vancouver will be Nobel Peace Prize laureate and former Soviet president Mikhail Gorbachev, NBA star Shaquille O'Neal and Vancouver band Hedley.

"Vancouver is always incredible," Kielburger said. "Year 1, we had the Dalai Lama. Year 2, Al Gore. And now Gorbachev. For the children to have the opportunity to have these great heroes come alive and to hear their stories, it is very inspiring."

Kid power

In the 2010/11 school year, participants in Free the Children ...

- **Logged 1.7 million hours** of volunteer work.
- **Raised $2 million to** support local initiatives.
- **Raised $3.4 million to** support global causes.
- **Collected 519,000 pounds** of food to stock the shelves at food banks.

TRANSLINK

Mayors approve gas tax

Metro Vancouver's mayors have voted to implement a two-cents-a-litre gas tax to fund the Evergreen Line.

TransLink's Moving Forward supplemental plan passed, 81 votes to 34, on Friday, with the weighted voting system giving larger municipalities, such as Vancouver and Surrey, a greater number of votes.

In addition to the $1.4-billion Evergreen Line, the supplement will also fund an increase in bus service as well as improvements for drivers and cyclists.

The gas tax, which must still be approved by the province, aims to raise $32 million to $45 million a year starting in 2012. The remainder of the $70 million required by the supplement plan could be funded through a property-tax increase of about $23 a year starting in 2013. METRO

Man killed breaking up altercation

An 18-year-old man is dead after trying to stop a fight on a bus in Surrey. Police say Jamie Kehoe was stabbed Saturday when he intervened in an argument between two women and a man. He died of his injuries in hospital.

Police brought in a dog, hoping to track the suspect, but no one has been arrested. The investigation is ongoing.

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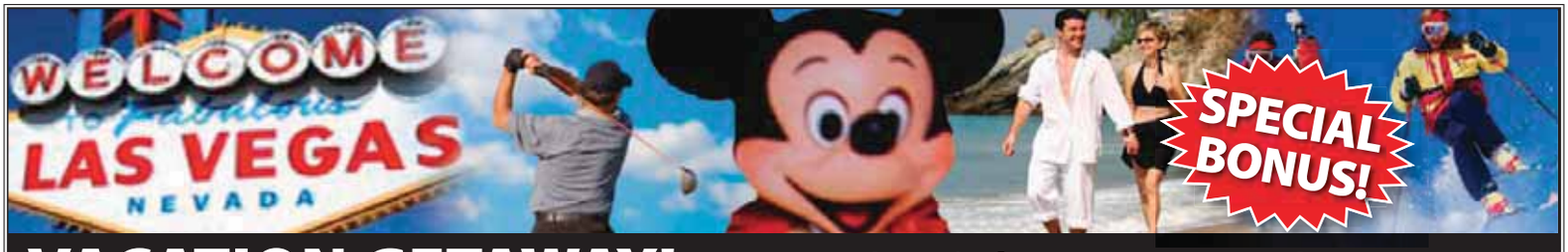

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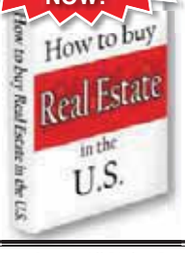

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Five flicks to see before the end

Plenty left to watch as VIFF enters its last week ◆ Most popular films being given additional screenings

MATT KIELTYKA
@METRONEWS.CA

It doesn't matter whether you're trying to catch up or if you've been sitting in a dark theatre for the last week, there's still plenty to see at the Vancouver International Film Festival.

Though the 30th incarnation of the festival ends Friday, this week's schedule is packed with must-see movies.

Better yet, organizers are now adding additional screenings of the festival's best-attended and highest-rated films, so be sure to check out viff.org for daily programming updates.

For more news, visit metronews.ca/vancouver

CONTRIBUTED

A Separation (Iran)
Exploring gender, class and justice in modern Iranian society through the eyes of a fractious family going through a custody battle, this film has been so popular that festival organizers have added an additional screening. It picked up best actor and best actress awards at the Berlin International Film Festival and is already being tipped for an Oscar nomination.
— Friday, 6:30 p.m., at Empire Granville 7 Cinemas

CONTRIBUTED

El Bulli: Cooking in Progress (Spain)
Gereon Wetzel trains his cameras on El Bulli, an elite three-Michelin-star restaurant that closed earlier this year after a limited season. The film takes its audience through the entire life cycle of the restaurant, and chef Ferran Adria's passion and perfectionism is on constant display.
— Tomorrow, noon, at Empire Granville 7 Cinemas
— Friday, 8:45 p.m., at Empire Granville 7 Cinemas

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Marathon Boy (U.K., India, U.S.A.)
Budhia Singh is a national icon in India. After all, it's not every day you see a five-year-old boy from the slums run 68 km. But the story behind the tale is full of exploitation. Marathon Boy documents the physical toll running had on Budhia and the ongoing battle between his mom, his trainer and welfare agencies.
— Tomorrow, 12:45 p.m., at Empire Granville 7 Cinemas
— Friday, 3:20 p.m., at Empire Granville 7 Cinemas

CONTRIBUTED

Sunflower Hour (Canada)
Not for the faint of heart, this raunchy B.C.-shot mockumentary delivers the laughs for those not easily offended. The movie features four misfits as unlikely contenders to host a children's puppet show produced by a porn tycoon. The VIFF program calls it a cross between Canadian Idol and South Park.
— Thursday, 6:45 p.m., at Empire Granville 7 Cinemas
— Friday, 4:20 p.m., at Empire Granville 7 Cinemas

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40 Days at Base Camp (Canada)
More than 5,000 people have climbed to the peak of Mt. Everest, and many others have died trying. Have a film crew set up shop at the mountain's base camp and you're bound to get some compelling, tragic and inspiring stories. That's exactly what Vancouver's Dianne Whelan did with 40 Days at Base Camp.
— Today, 7 p.m., at Empire Granville 7 Cinemas
— Friday, 12:20 p.m., at Empire Granville 7 Cinemas

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Leaking ship spawns environmental fears

- Around 30 tons of oil have seeped into waters off New Zealand
- Crews trying to prevent another 200 tonnes from polluting area beaches

Forecasts of heavy ocean swells yesterday thwarted marine crews trying to pull oil from a leaking ship stuck on a reef off New Zealand's coast, as fist-sized clumps of the fuel started turning up on a popular surfers' beach.

The Liberia-flagged Rena has been floundering since it ran aground last Wednesday on the Astrolabe Reef, about 22 kilometres from Tauranga Harbour, and the government has demanded to know why the ship crashed into the well-charted reef in calm weather.

The ship owner says it is co-operating with authorities in looking into the incident. The 236-metre ship has been leaking fuel, leading to fears it could cause an environmental disaster if it breaks apart.

Marine crews began an operation Sunday to extract some of the heavy fuel oil from the stricken ship — the equivalent of about 10,700 barrels. But they had to halt the pumping yesterday after managing to remove just 10 tonnes.

Clumps of the oil were found at Mount Maunganui beach, a favourite spot for surfers, according to Maritime New Zealand, the agency responsible for shipping in the region.

Because it's a cargo ship rather than an oil tanker, any spill would be small in comparison to disasters like the 1989 Exxon Valdez spill, which dumped an estimated 262,000 barrels of crude oil in Alaska's Prince William Sound. But because the Rena is close to shore, the oil could still foul delicate estuaries in an area known for its pristine environment.

Salvage experts and naval architects are on board to monitor the ship, and sensors should indicate if the ship is in danger of breaking apart.

THE ASSOCIATED PRESS

The situation

SUNLIVE NEW ZEALAND/GETTY IMAGES

- At least eight sea birds have been rescued from an oil slick that extends about five kilometres from the boat.
- About 200 people are working on the operation, and New Zealand's defence force has about 300 people standing by in case major beach cleanups are needed.

Pirates plunder cargo ship off Somalia

State TV in Italy says pirates have attacked an Italian cargo ship carrying 23 crew members in waters off Somalia.

The ship's owner, D'Alessio Group, said five armed men conducted the attack yesterday morning. But to protect the crew, the company said it would not provide any other details.

Therefore, it was not known if the pirates had boarded the ship or taken hostages.

Pirates flourish off largely lawless Somalia by attacking passing ships, taking hostages and demanding ransoms to free them and the vessels.

D'Allesio's statement said the attack on its Montecristo ship occurred 1,000 kilometres off Somalia.

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U.K. going after forced marriages

Aims to cut immigration rates

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

"To force someone into marriage is completely wrong."
DAVID CAMERON, BRITISH PM

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is intended to stop intimidation or violence and prevent someone from being sent overseas.

Although anyone breaching the order can be jailed for two years, the sanction is made under civil law and is rarely imposed. A panel of lawmakers found in May that only one person had been imprisoned under the legislation. **THE ASSOCIATED PRESS**

THE ASSOCIATED PRESS

▶ David Cameron

Canada's communities are not for sale!

Why CETA is a bad deal for Canada

Canada and the European Union are negotiating a new Comprehensive Economic and Trade Agreement (CETA). This is a big deal for Canada and so far, negotiations have been quietly taking place behind closed doors.

If CETA is signed it will:

- Threaten our democracy by putting corporate rights first
- Encourage privatization of Canada's drinking water and wastewater services
- Threaten local job creation and "buy-local" policies
- Cause prescription drug costs to skyrocket by at least $2.8 billion per year
- Allow big corporations to ignore or challenge environmental regulation

Let's work together to stop this deal.

THE COUNCIL OF CANADIANS / LE CONSEIL DES CANADIENS
ACTING FOR SOCIAL JUSTICE / AGIR POUR LA JUSTICE SOCIALE

Public Meeting

Learn more about how CETA threatens Canadian communities and how you can help stop this deal.

Wednesday, October 12
7 p.m.
Auditorium
Maritime Labour Centre
1880 Triumph Street, Vancouver

Featuring

Maude Barlow
National Chairperson, Council of Canadians
Paul Moist
National President, Canadian Union of Public Employees
Colleen Fuller
Steering Committee, Women and Health Protection

This event is part of a cross-country tour with the Council of Canadians and CUPE.
cupe.ca – canadians.org – 1-800-387-7177

CUPE / Canadian Union of Public Employees

cope491

Sukkah. Celebration

▶ A woman decorates a Sukkah made from fresh fruit for the holiday of the Tabernacles, or Sukkot, near the West Bank town of Nablus yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

In touch with the past

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate this morning. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C. Of the small community of around 700 people, half live in a village at Mount Gerizim, and the rest in the city of Holon, near Tel Aviv.

Germany denies use of Trojan spyware

Germany's Interior Ministry says no federal security services were involved in using a Trojan horse program to spy on people through their computers.

The Chaos Computer Club hacker network said it had analyzed a copy of the malware received from unidentified sources, and claimed it was a government surveillance program.

But Interior Ministry spokesman Markus Beyer told reporters no federal agencies were involved, and noted that the program used was around three years old and widely available.

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Boat sinks during family fishing trip

Rescued women wanted to know, 'Where are our husbands?': Coast guard Treated for hypothermia

Seven members of a U.S. family, including a four-year-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under," Dube said.

The boaters quickly drifted apart. The men held onto the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together," Graves said.

THE ASSOCIATED PRESS

Street. Stomp

▶ Thai mahouts ride their elephants through flooded streets yesterday in Ayutthaya, Thailand. Around 200 factories closed in this central province because of flooding, which is also posing a threat to Bangkok.

PAULA BRONSTEIN/GETTY IMAGES

Bangkok barricaded as floods near

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from floods that have already killed nearly 270 people across the country.

Hurricane threatens Mexico resorts

Hurricane Jova strengthened to a major Category 3 hurricane yesterday as it marched toward Mexico's Pacific coast, threatening the idyllic beach resort of Barra de Navidad and one of the nation's biggest cargo ports.

THE ASSOCIATED PRESS

201 **Hurricane Jova's maximum sustained winds built to near 201 km/h yesterday.**

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California spikes public gun-toting

Firearm advocates and most Republican lawmakers oppose legislation, saying it targets law-abiding citizens

California became the fifth state to prohibit openly carrying handguns in public after Gov. Jerry Brown announced yesterday that he had signed the ban into law amid heavy opposition from gun enthusiasts.

The law, by state Democratic Assemblyman Anthony Portantino, makes it a misdemeanour to carry an exposed and unloaded gun in public or in vehicles, with violators facing up to a year in prison or a potential fine of $1,000 when the law takes effect on Jan. 1.

Portantino said the bill is an opportunity to prevent tragedy before it happens.

"It's not if somebody is going be shot, it's when somebody is going to be shot," he said. "We have the opportunity to avoid that, and that's why this is so critical."

He said law enforcement officials have been concerned about the proliferation of guns in public and the tense situations that arise when someone sees another person carrying a firearm in public.

He said the encounters can escalate quickly because others don't know whether the gun is loaded or unloaded.

One of the first rules of firearms safety is to always assume a weapon is loaded. "Main Street California is not the Old West, and you don't need a gun to buy a cheeseburger," Portantino said.

THE ASSOCIATED PRESS

Five U.S. states

The Brady Campaign, which sponsored the legislation, said California joins Florida, Illinois, Oklahoma and Texas as the only states to ban openly carrying handguns. It said 33 states, including Pennsylvania, Michigan, Louisiana and Colorado, do not prohibit open carry. Twelve states, including South Carolina, Tennessee, Minnesota and Massachusetts require permits for open carry.

Marathon. Baby

▶ Amber Miller of Westchester, Ill., holds her baby at Central DuPage Hospital in Winfield, Ill., yesterday.

MARK BLACK/DAILY HERALD/THE ASSOCIATED PRESS

A running start to life

A pregnant suburban Chicago woman felt contractions a few minutes after finishing the Chicago Marathon and gave birth hours later to a baby daughter. Amber Miller was nearly 39 weeks pregnant when she started the 42-kilometre race on Sunday morning.

Shark suspect as swimmer disappears in Australia

Australian officials were hunting today for any sign of a 64-year-old man who authorities believe was attacked by a great white shark off a popular west coast beach.

Bryn Martin, who regularly swam in the turquoise waters off the city of Perth's Cottesloe Beach, vanished yesterday while swimming toward a buoy 350 metres offshore. Police divers later found Martin's torn swimming trunks on the sea bed near the buoy, Western Australia Police Senior Sgt. Denise Grant said.

"There were a number of fabric tears to those briefs and our information on a preliminary examination was that the tearing was consistent with that of about a 3-metre great white shark," Grant told reporters yesterday.

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KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Egyptian relatives of some of the Coptic Christians killed during clashes with the Egyptian army late Sunday react after seeing their bodies in Cairo yesterday.

Egyptian military vowing to get tough

Generals issue stern warning that they intend to crack down on future protests after Sunday's clashes

Egypt's ruling military yesterday condemned a surge in deadly violence as an attempt to undermine the state, and warned it will act to safeguard the peace following a night of clashes that drew in Christians, Muslims and security forces.

The generals' strong words signalled the governing military council will tighten its grip on power, further infuriating activists who have demanded an end to army rule and a transition to democracy.

Egypt's Coptic church harshly criticized the government for its actions in crushing the protests and accused it of allowing repeated attacks on Christians to go unpunished.

The clashes Sunday night were the worst sectarian violence since the uprising that ousted Hosni Mubarak eight months ago. The riots laid bare the volatility of Egyptian society a month before the start of parliamentary elections that will help define the country's future political landscape.

The Coptic Church, which represents about 10 per cent of Egypt's 85-million people, accused security forces of failing to stop anti-Christian agitators from turning what started out as a peaceful protest against church attacks into a sectarian riot in which at least 26 people, mostly Christians, were killed.

THE ASSOCIATED PRESS

GERMANY

Train system targeted

An attack at Berlin's main train station was thwarted yesterday when workers found a hidden device before it could explode, police said.

Earlier yesterday, a similar device exploded near a high-speed train line west of Berlin, causing some damage but no casualties, and halting train traffic there for the day.

An unknown leftist group claimed responsibility for the device that exploded, saying it wants to protest Germany's role in the war in Afghanistan.

Police examined the message's authenticity to determine if the same group was responsible for both attacks.

In a similar letter posted on a leftist website, a group calling itself Hekla Reception Committee — Initiative for more Eruptions in Society claimed responsibility, saying it launched the successful attack. The group's name is an apparent reference to Iceland's Hekla volcano.

THE ASSOCIATED PRESS

Silver bonanza uncovered

A sea-exploration company said yesterday it has discovered a ship filled with silver, some 2,400 metres beneath the surface of the North Atlantic Ocean.

Odyssey Marine Exploration Inc. said it found the remains of the British SS Mantola, which sank Feb. 9, 1917. It was torpedoed by German submarine U-81.

At current market prices, the silver would be worth more than $19 million US. THE ASSOCIATED PRESS

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO

I used to hate my surname.

I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-yer.

As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

> **"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."**

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

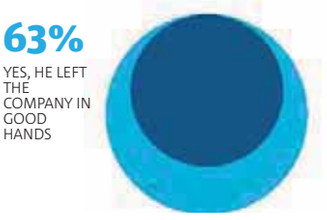
And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Can Apple survive without Steve Jobs?



63%
YES, HE LEFT THE COMPANY IN GOOD HANDS

36%
NO, THE VISIONARY IS GONE

Local tweets

- **@AprilBannerman:** Waiting in the airport to head to Vancouver! Excited for Thanksgiving dinner at Grouse Mountain tonight! #ilovemyjob #WeDay
- **@craigkielburger:** Wishing everyone in Canada a Happy #Thanksgiving! Only three days now until #WeDay!
- **@Coach_Brillo:** Happy Thanksgiving to our football family at the #BCLions and our fans. Many blessings in our lives. We're back to work tomorrow. #CFL
- **@BIGMURPH56:** Happy Thanksgiving to all Canucks out there!!! We ALL have a lot to be thankful for! #CFL #Argos
- **@JodieEmery:** @Hempsecretary Yes, Canucks celebrate Thanksgiving on the first Monday of October. A celebration to be grateful for a good harvest season!
- **@Ryan_Kesler:** Great open practice today great support from Canucks nation. Had rehab but still signed the stick behind the scene! #greatexample

Letters

RE: John Mazerolle's column published Oct. 6, Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

JACKI NORRIS, TORONTO

Gourd. Champ

▶ Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day

The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged incident, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

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METRO WORLD NEWS

▶ Evie, a chatbot avatar that uses the Cleverbot software.

Cleverbot man's next best friend

- Virtual humans are 'cheaper' and 'more consistent'
- Chatbots are mainly used for customer service

ELISABETH BRAW
EDMONTON@METRONEWS.CA
METRO WORLD NEWS IN LONDON

She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected answers.

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversation I've had today,'" says her creator, Rollo Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org.

To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more human-like. Earlier this month Apple introduced Siri, a voice-recognition system that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends. "We may even have them implanted as a chip in our brains," he says. "You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will tell you."

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
11,588.36 (Friday's close)	96.31¢ US (Friday's close)	+ $2.43 US ($85.41 US)	$3.541 (+ 6.0¢)	$1,670.80 (+ $35.00)

Markets in Canada were closed yesterday for the holiday.

Netflix scraps split

Netflix Inc. is abandoning its widely panned decision to separate its DVD-by-mail and Internet streaming services because it would make them more difficult to use. Subscribers will be able to use both services under one account and one password, said CEO Reed Hastings. THE ASSOCIATED PRESS

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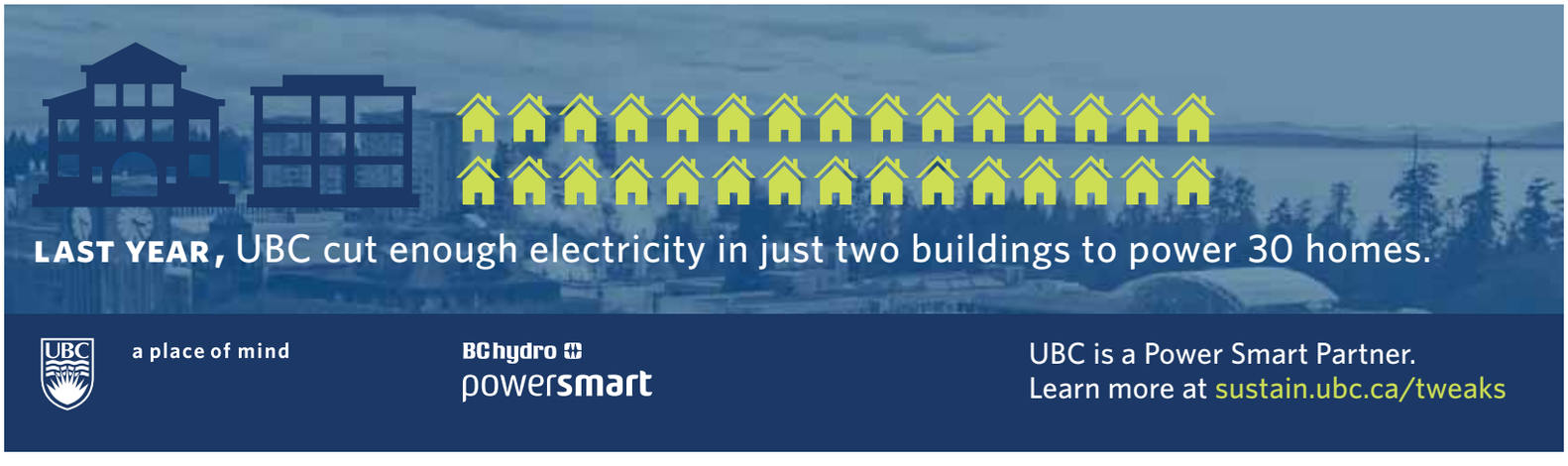
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TECHNOLOGY

iPhone pre-orders set record

Apple says first-day pre-orders of the iPhone 4S topped 1 million, breaking the record set by last year's model.

Apple and various phone companies started taking orders for the phone last Friday. It hits stores this Friday.

First-day orders for the iPhone 4 were 600,000 when it launched last year. It was then sold in the U.S. only by AT&T Inc. The iPhone 4S is also sold by Verizon Wireless and Sprint Nextel Corp.

The base model of the iPhone 4S costs $200 with a two-year contract. It has a faster processor and an improved camera compared to last year's model.

Apple shares rose $9, or 2.4 per cent, to $378.80 in premarket trading yesterday.

THE ASSOCIATED PRESS

A 'macho' soda for men only

Dudes don't drink diet.

Or at least that's the idea behind Dr Pepper Ten, a 10-calorie soft drink Dr Pepper Snapple Group rolled out yesterday with a macho ad campaign that proclaims "It's not for women."

The soft drink was developed after the company's research found that men shy away from diet drinks that aren't perceived as "manly" enough.

To appeal to men, Dr Pepper Ten drink has calories and sugar, unlike its diet counterpart, and will be wrapped in gunmetal grey packaging with silver. The ad campaign also goes out of its way to eschew women. For instance, there's a Dr Pepper Ten Facebook page for men only. And TV commercials are heavy on the machismo, including one spot that shows muscular men in the jungle battling snakes and bad guys.

The ads come when overall sales in the $74-billon soft drink industry are slowing. Volume has fallen from just over 10 billion cases in 2005 to 9.4 billion cases in 2010, according to Beverage Digest data.

THE ASSOCIATED PRESS

Sporadic service for BlackBerry users

Large numbers of BlackBerry users across Europe, the Middle East and Africa were cut off from Internet and messaging services yesterday, said the regions' phone companies.

BlackBerry maker Research in Motion gave few details beyond a brief statement saying that customers were "experiencing issues," but telecommunications companies in the Middle East and Europe laid the blame at RIM's door.

The extent of the outage wasn't clear. Vodafone UK said that customers across Britain appeared to be unable to access BlackBerry Messenger, a free-to-use instant-messaging program that has helped make the handset popular with young people.

BlackBerry Internet access appeared to be sporadic. Some users were able to send and receive messages, while others using the same service provider couldn't.

Companies affected include Qtel Qatar, Etisalat in the United Arab Emirates, Dubai-based Du, Zain Kuwait, and the Bahrain Telecommunications Co.

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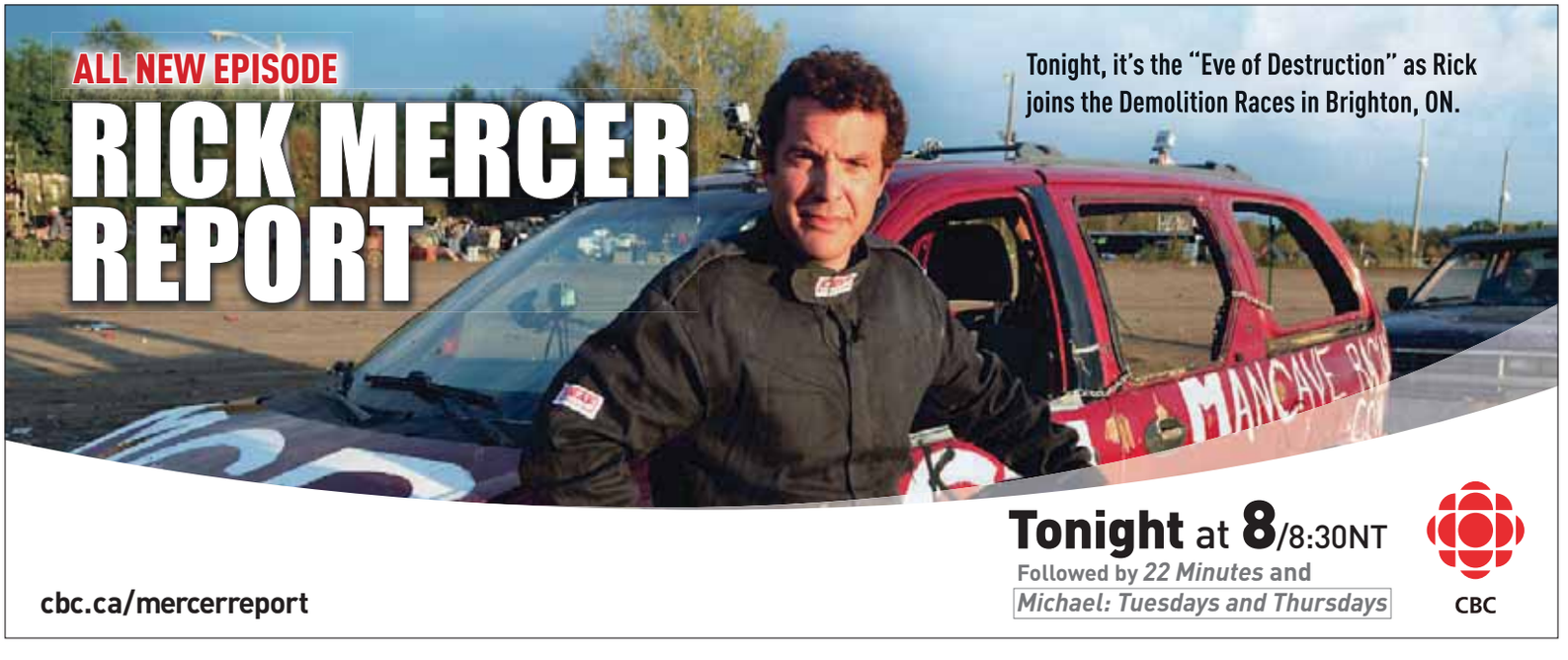
ALL NEW EPISODE
RICK MERCER REPORT
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CBC
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2 scene

Vanasse goes global

Quebec actress Karine Vanasse has her eye on the big-screen English language market
Roles in Canadian indie film I'm Yours and ABC's Pan Am are turning heads outside Quebec

NATHAN DENETTE/THE CANADIAN PRESS

▶ Francophone actress Karine Vanasse says her role in ABC's Pan Am is proving to be the key to her bid for global stardom.

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film I'm Yours.

But the lanky brunette says it's a small-screen role on the big-budget ABC series Pan Am that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about Pan Am — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's Polytechnique and the just-released bilingual comedy French Immersion.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's Happy Endings.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international appeal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial 24, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included The Girl Next Door, House of Wax and Old School.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,'" Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, Friends With Kids.

"That's kind of the world that we live in obviously — that entertainment is global now.

"It's not specifically one territory or another, necessarily."

THE CANADIAN PRESS

Box office

Boxing robots are the undisputed champions at the weekend box office.
According to studio estimates Sunday, Hugh Jackman's Real Steel debuted at No. 1 with $27.3 million. George Clooney's political saga The Ides of March was the runner-up, opening at No. 2 with $10.4 million. Previous No. 1 movie, Dolphin Tale, slipped to No. 3 with $9.2 million.
THE ASSOCIATED PRESS

Father of Amy Winehouse has memoir due next summer.

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DVD Releases

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The Tree of Life

Genre: Drama
Director: Terrence Malick
Stars: Brad Pitt, Sean Penn, Jessica Chastain
●●●●●

Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's The Tree of Life as just another movie. It aspires to be far more than that, and it gloriously succeeds.

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naïve mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. The Tree of Life unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature versus grace — are just part of a much grander scheme.

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk persists of a future special edition. ● PETER HOWELL

Horrible Bosses

Genre: Comedy
Director: Seth Gordon
Stars: Jason Bateman, Charlie Day, Jason Sudeikis
●●●½

Best buddies Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures.

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin Farrell is hilarious as coke-snorting chemical heir Bobby.

But how should the put-upon wage slaves get rid of their loathsome overseers? Before you can say Mother—er, along comes murder consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds.

Director Seth Gordon and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laugher as broad as this one.

● PETER HOWELL

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Lights sheds lustre

Juno-winning singer takes gritty approach to sophomore album

The synth-pop songbird known as Lights — whose career began with a charmed run that included a gold-selling debut and a Juno statuette — has had to go to battle over the content of her second record, Siberia, released this week.

The gritty CD represents a departure for the Timmins, Ont., native, whose past catalogue was as scrupulously polished as a politician's image. Her U.S. record label declined to release the album (it will come out on indie Last Gang Records south of the border) and some fans were turned off by the transformation, but Lights beams with pride as she discusses her artistic evolution.

"It's a weird place to be when you're making a second record," she said.

"For me, it was kind of a make or break situation, because it's like, am I either going to give people the same thing and establish that that's what I'm going to do for the rest of my life, or try something completely different and maybe shake it up a little bit but make a record I really love.

And, of course, fiddling with that formula was so scary primarily because the old mixture seemed to be working.

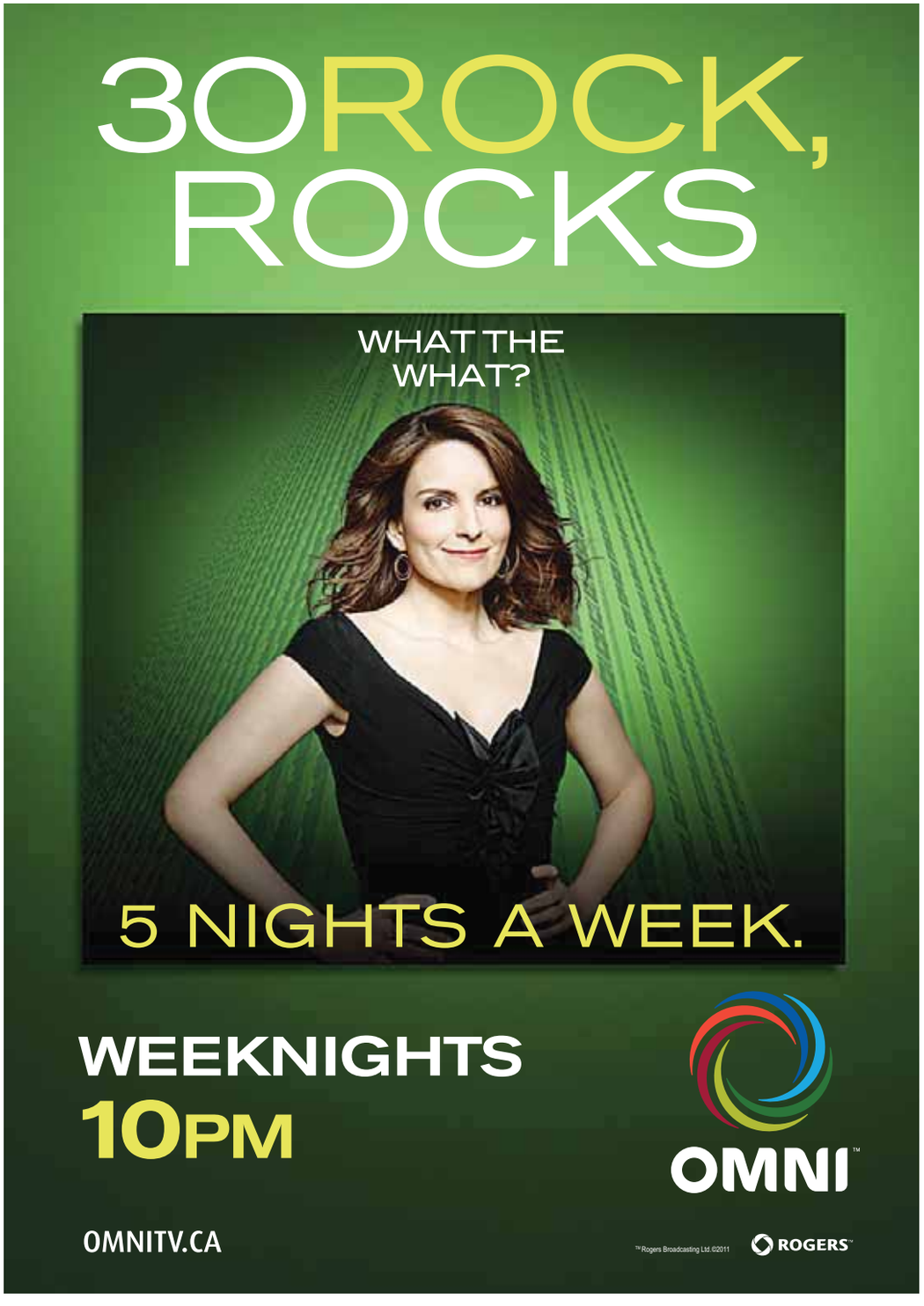
Lights — nee Valerie Anne Poxleitner, but she changed her legal name — began making a name for herself years ago in her adopted home of Toronto, combining her fluttering voice and slick keyboards for a series of radio-ready, featherweight pop ditties.

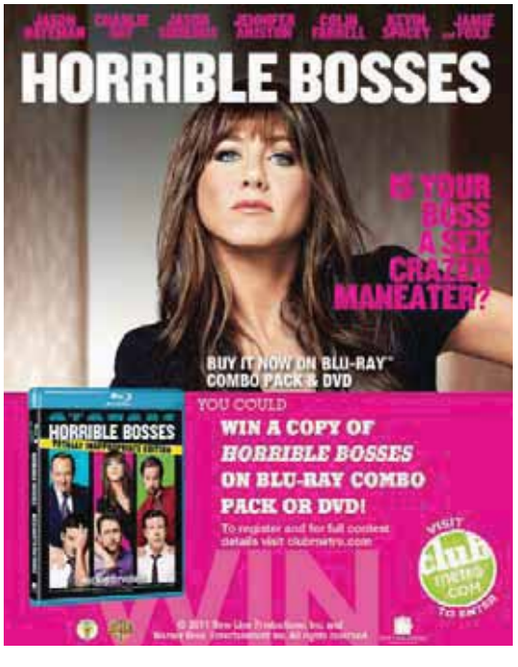
She won the Juno Award for best new artist before she'd released her first full-length record, a harbinger of the success she would have later in 2009 when her debut album, The Listening, finally did hit shelves. It was a hit in Canada, peaking at No. 7 on the chart, and also drew ears in the U.S. and U.K.

"The new record is imperfect. It's gritty, and it's raw and a lot of it is live," said Lights.

THE CANADIAN PRESS

PATRICK DOYLE/THE CANADIAN PRESS

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The doc is in

The Prince of Darkness dispenses his own brand of medical advice Talks about his fear of germs

PAT HEALY
SCENE@METRONEWS.CA

Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, Trust Me, I'm Dr. Ozzy.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice from one who has gone off the rails on a crazy train and lived to tell about it. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

After reading your first book, I Am Ozzy, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication,'" and he goes, "What should I do?" … I say, "Well, either you're a dummy or you do what the bottle says!" … Most of it is common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size of ... a dollar bill! Come on in here!" Doctors have seen far more crude things than I ever have and ever want to.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. … One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

There are points where the advice skews on the heavy side, like where somebody wrote in about mourning the death of a friend.

Well, that guitar player of mine died, Randy Rhodes. Grief is very weird. People go through it differently. You think of grief as feeling sad. Being the alcoholic guy that I am — I was in rehab — and I know that you might mourn the loss of your best friend with alcohol.

I was surprised to learn how much of a hypochondriac you are.

Oh, I'll catch a disease off the TV. If you scratch your nose, I'm sitting there scratching my nose.

GETTY IMAGES

Ozzy Osbourne has opened up to answering medical questions in his brand-new book, Trust Me, I'm Dr. Ozzy.

Harry turning heads in Cali

British prince creating some buzz during his trip to The Golden State

DAVID PARKER, WPA POOL/GETTY IMAGES

▶ Prince Harry

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.

METRO

Celebrity tweets

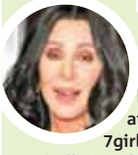
@MissKellyO

i have no idea how i did it but somehow woke up with my make up still perfect from last night! guess thats 1 thing

@simonpegg

Do we download certain info to the active parts of our brain each day post sleep? Every morning I get excited about the existence of coffee.

@Cher



Meantime I'm having big Girl party at my house! 7girls ! Eat'n Hysterically Laughing! Then downstairs 2 theatre watched Agora & played xbox

@SteveMartinToGo

"Protesters pepper sprayed" phooey. Actually, in finer restaurants in New York, "pepper milled."

Rowland was tired of 'little nuggets'

Kelly Rowland

Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK.

"The decision was 10 years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

METRO

KEVIN WINTER/GETTY IMAGES

▶ David Boreanaz

David Boreanaz comes to terms with his demon

David Boreanaz is looking on the bright side when it comes to the affair he admitted to having with Rachel Uchitel in 2010, calling the aftermath of his infidelity "a bonding experience, in the long run," according to TV Week.

"In a sacred ground like marriage, you find yourself out of it at certain times for reasons unknown that can be destructive," the Bones star explains.

"There could be a demon that kind of comes out and overtakes you."

METRO

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The smoker vs the breathing guru

Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? We send her to a 'breathwork' session

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

"It was hard to keep the breathing constantly flowing and effortlessly let the air our quickly. The breathing helped me relax and unblock tension in the body." KARIN WERTEMBERG

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."

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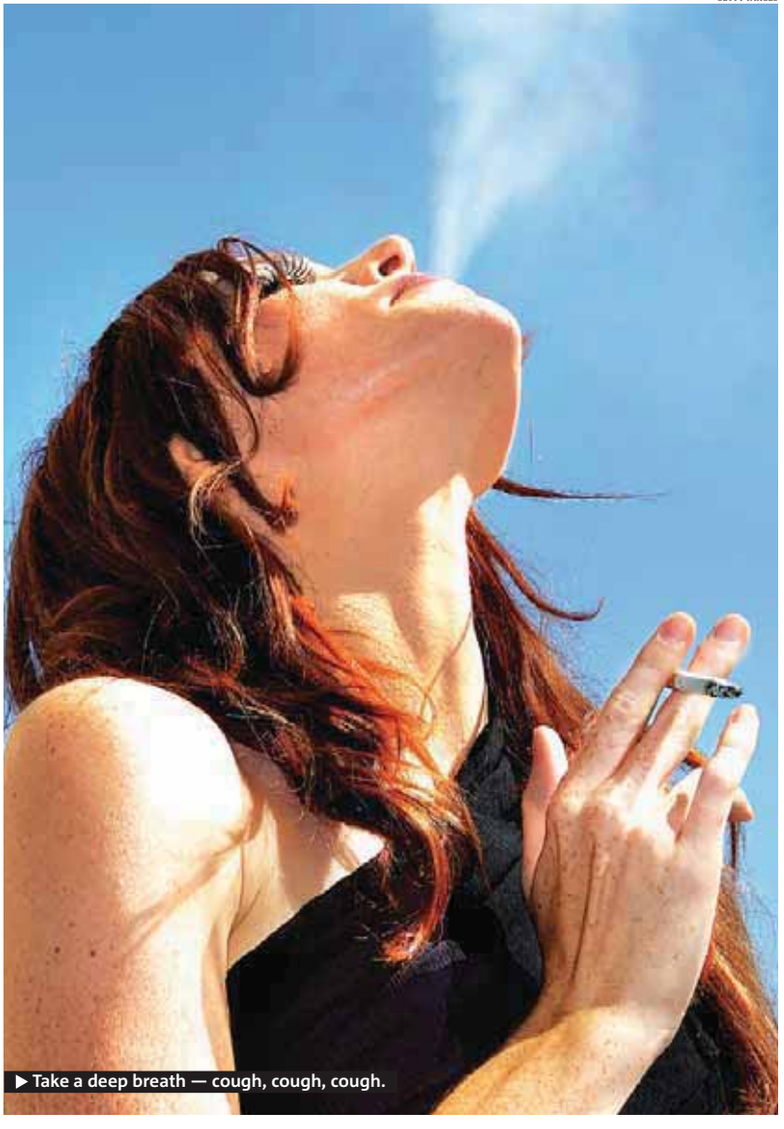

▶ Take a deep breath — cough, cough, cough.

3 life

Fitness picks

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Brainwave scanner offers cheat-proof concussion test, aimed at sports leagues

Talk therapy for epilepsy

- **Treatment seeks to identify the individual triggers for the seizures**
- **Follow the story of one sufferer**

CELIA MILNE
LIFE@METRONEWS.CA

Trevor Park had his first seizure at age 13 on the way to a Toronto Maple Leafs hockey game. Seizures are scary — they come suddenly and can make people with epilepsy thrash so violently that they hurt themselves.

All through his teens and early 20s, Trevor continued to have seizures. He was taken to umpteen medical appointments and prescribed one drug after another. He once told his parents that he felt like a science experiment.

As Trevor grew older, he became self-destructive, doing things that he knew triggered seizures — drinking, partying, driving dangerously and working late shifts.

"The low point," his mother Ellen Novack, from Thornhill, Ont., tells Metro, "was when he was drugged 16 hours a day and had no quality of life."

Unable to find a workable solution in Canada, the family travelled to the Andrews-Reiter Epilepsy Research Center in Santa Rosa, California. Trevor was able to climb out of the darkness of his disease, thanks to a novel approach to epilepsy developed by Donna Andrews, a PhD in neuropsychology and Dr. Joel Reiter, a Harvard-educated neurologist.

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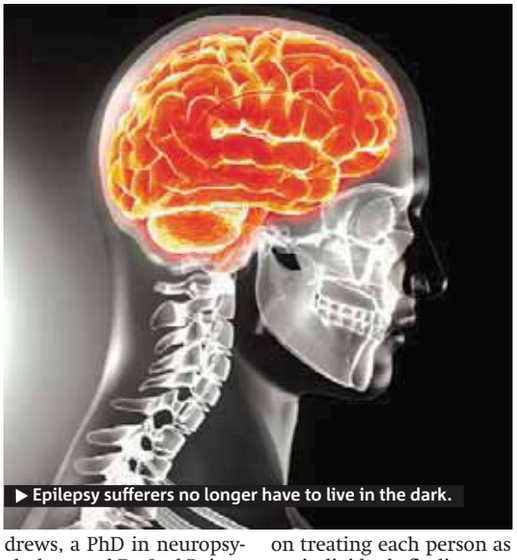

▶ Epilepsy sufferers no longer have to live in the dark.

The approach is based on treating each person as an individual, finding out where the damage is, identifying the triggers, and teaching them ways to bring seizures under control.

"What the patient thinks, feel and does has everything to do with his or her seizure," explains Andrews.

For instance, if patients have damage in the left temporal lobe where language is stored, they are under pressure for having a seizure when trying to communicate something important; they get overloaded very quickly.

If they know that, they can put it in writing first and discuss it when the pressure is off.

"Vicious cycles have to be broken," she says. "This is what empowers them."

Trevor, now 26, is seizure free and working in sales.

"He has the tools to control his epilepsy and it will be his decision if he is compliant or not," says Novack.

She and Park are hosting a conference starting this Friday, Oct. 14 at the University of Toronto, to promote the innovative epilepsy treatment that helped their son.

For more information, visit epilepsyconference.com.

Just the facts

Here are some true and false points from Epilepsy Canada.

- **True** Epilepsy affects about 0.6 per cent of the Canadian population.
- **False** Someone having a seizure can swallow his or her tongue.
- **False** If you see someone having a seizure, you should restrain them.

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Four foods that fight breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadey.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds (also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.

Lentils: Not only are these budget friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

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Good management of your family finances is crucial. The more you know about it, the better you will do.

The trick is finding a spare moment to learn.

RBC Royal Bank makes it easier by offering a wide range of advice online at the RBC Advice Centre (rbcadvicecentre.com). Articles and videos provide tips and guidance about things like budgeting, saving for the future and credit management. And you can apply the advice to your own life with several helpful tools and calculators.

The RBC Advice Centre is your first step to learning more about managing your money and improving your financial picture.

You can get the advice you need any time. Videos are short — two minutes or less — and, in fact, you don't even have to watch them. Just listen while you are folding clothes, making tomorrow's lunches or juggling one of a hundred other tasks you have to do.

They are education made easy.

The myFinanceTracker tool makes managing your money easier than ever, and it's free with RBC Online Banking. It lets you divide your banking and credit card transactions into expense categories, like "groceries" or "travel," which you can customize. Each category has a maximum spending limit, set by you. If you exceed your maximum transaction budget, or fall below your designated minimum account balance, myFinanceTracker lets you know.

Tracking and managing your family's spending is the first step in reaching any financial goal — whether it's saving money for your kids' education, getting out of debt, or putting money away for a big purchase. myFinanceTracker makes it even easier with graphs and pie charts, and a financial calendar you can create yourself.

In addition to managing your day-to-day finances and budgeting, at RBC Royal Bank you have access to one of Canada's largest teams of financial planners. These experienced, accredited professionals can help you create a personalized plan designed to achieve your life and financial goals.

And since you are time-pressed, an RBC adviser can meet wherever is most convenient for you; whether it is in a branch, at your home, or even at a coffee shop.

Life is busy, but RBC Royal Bank makes it easier by giving you the convenience and advice you need. Visit rbcroyalbank.com to learn more.

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[1] Shared recipient of six Synovate Best Banking Awards 2011 among the Big 5 Banks, including Financial Planning & Advice. Synovate 2011 Best Banking Awards are based on quarterly Customer Service Index (CSI) survey results. Sample for the total 2011 CSI program year ended August 2011 was 40,353 households yielding 60,641 financial institution ratings. [2] As designated by Global Finance, July 22, 2011, based on competition entries evaluated by a world-class panel of judges at Infosys; Forrester Research, Inc.; 2010 Canadian Banking Secure Web Site Rankings (December 2010); and the 3rd edition of Surviscor's online banking scorecard, October 14, 2010. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

New café goes for the gold

Situated in the former Olympic Village with stirring views of Vancouver, Terra Breads draws a crowd It offers fresh, mostly organic sandwiches

ERIN IRELAND

Smoked Turkey and Asiago Sandwich ($7.95).

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Great bread to a sandwich is like crunch to bacon or stink to a cheese. Without it, such a creation cannot be extraordinary.

Terra Breads, a local artisan bakery, has launched its third cafe and simultaneously invigorated the once deserted Olympic Village neighbourhood.

Besides the spacious cafe's mesmerizing spread of baked goods (they are as ogle-worthy as a glass case filled with jewels), sandwiches, salads and even a steak entrée are served.

I'll take less meat for an organic, local variety any day of the week — and that was the story here. To prolong the Thanksgiving mood, I chose the Smoked Turkey and Asiago Sandwich ($7.95) and a Pecan Tart ($3.75) for dessert.

Modestly portioned, the deli-style turkey was soft and hickory-smoked. Between fresh baked Black Olive Bread, moist with mayo, avocado and asiago, were organic baby spinach and Roma tomatoes.

As for the Pecan Tart, thank goodness it wasn't bigger. It was, however, flaky, buttery, delicious.

Terra Beads
1605 Manitoba St.
604-877-1183
terrabreads.com
Licensed: Yes
Co-worker lunch: Yes
Social lunch: Yes
Price range: $5.25 - $14.95
Rating: 4 out of 5

NEWS CANADA

Mushroom & Squash Bisque

Preparation:

1. In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender, stirring once. Transfer half vegetables and half broth to blender; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high 7 mins. or until heated through. Garnish with sour cream swirl and basil. NEWS CANADA

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh white mushrooms
- 2 cups (500 mL) peeled, cubed squash
- 3 cups (750 mL) chicken broth
- 1/2 cup (125 mL) evaporated milk
- ½ tsp (2 mL) salt
- Garnish: Sour cream and basil leaves (optional)

Spice up chili tradition

MATTHEW MEAD/ THE ASSOCIATED PRESS

This chili serves six.

Chilly fall evenings are a fine time for a spicy bowl of chili. And if it can be thrown together with minimal fuss and time, all the better. This recipe takes 30 minutes to make.

Preparation:

1. In a large saucepan over medium-high, heat oil. Add paprika, chili powder, cumin, oregano, garlic powder and cinnamon. Cook, stirring constantly, for 30 seconds. Add beef and cook until browned, about 6 minutes.

2. Add apples and onion, then sauté for 5 minutes. Stir in tomato paste, broth and vinegar, then bring to a simmer. Cook, uncovered, for 10 minutes. Season with salt and pepper. THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) smoked paprika
- 10 ml (2 tsp) chili powder
- 10 ml (2 tsp) cumin
- 10 ml (2 tsp) dried oregano
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) cinnamon
- 1 kg (2 lb) ground beef
- 2 large cooking apples, peeled, cored and diced
- 1 large yellow onion, diced
- 1 can (156 ml/5 1/2 oz) tomato paste
- 750 ml (3 cups) chicken broth
- 30 ml (2 tbsp) cider vinegar
- Salt and ground black pepper, to taste

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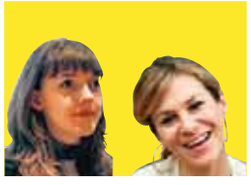
DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear Andrea and Claire, I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men?

Deaf Romeo

Claire: Dear Deaf Romeo,

You sound like you have something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet someone while you're doing something you love?

Not only will you increase your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Andrea: Dear Deaf Romeo,

In my experience with the male pick-up artist, appearances and even personality do not determine success.

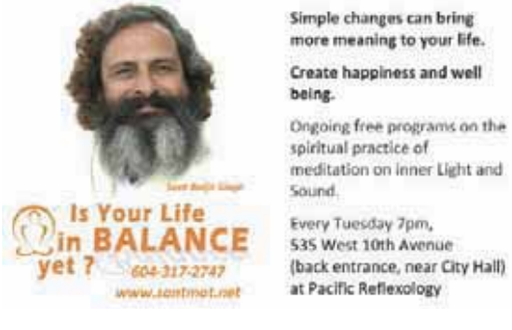
Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.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Date Night

▶ Forget about an island resort. Instead, try a fancy hotel in your own city.

Ideas for your next date

1 Dive in! Can't afford a fancy beach getaway? Pretend at a local hotel. Fancy yourself at that exclusive couples resort by booking a pool day pass at a high-end hotel in your city. Swim, sip cocktails, smooch. Repeat.

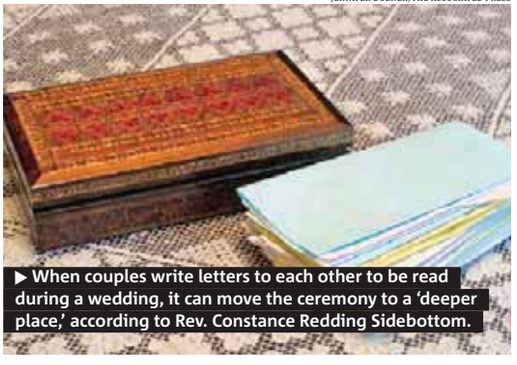
2 Make a song together Write your own sweet tune. You don't have to be John Lennon and Yoko Ono to enjoy this date night idea. Borrow a friend's guitar or keyboard and pluck away at a mushy song that speaks to your special love.

3 A ducking good time Pick up a loaf of bread at the store and head to your local park to feed the ducks. Your partner's inner child will be out quicker than you can say "quack"! Also cool: This feel-good date costs next to nothing.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

Letters of love on your big day

JENNIFER DOBNER/THE ASSOCIATED PRESS



▶ When couples write letters to each other to be read during a wedding, it can move the ceremony to a 'deeper place,' according to Rev. Constance Redding Sidebottom.

"Everybody that is there is affected."
REV. CONSTANCE REDDING SIDEBOTTOM ON THE IMPACT OF LETTERS READ AT WEDDINGS

The task assigned by the minister ahead of our May 1999 wedding seemed simple enough: a letter from each of us telling why — out of all the possible people in the world — we had chosen to marry each other.

The answer, too, seemed simple: love, of course.

"But you can't use the word love," Rev. Constance Redding Sidebottom said. "That makes it too easy."

Sidebottom, 68, a retired United Methodist minister and my aunt, always asks couples for wedding letters, and is certain they have transformative power.

"Often weddings are for show," said Sidebottom in Polson, Mont.

"The sacredness is removed by the glitz and the money spent. But when couples are asked to write the letters, they often move to a deeper place. Their effort to be honest and genuine for one another is honoured by God and made holy."

Beyond the ban on the word "love," Sidebottom has other rules about the letters, which she reads out loud during the ceremony.

Bride and groom are forbidden from sharing their letters with each other ahead of the wedding, and Sidebottom won't officiate without receiving them.

Over her 11 years of full-time ministry, not one person has failed to write the letter, although some have cut it close, Sidebottom said.

One groom delivered his to her door at 7 a.m. on the day he was to be married.

"Every single bride and groom says they agonize over writing the letters because they understand how important they are," Sidebottom said.

Nearly every faith tradition has a well-scripted formula for wedding ceremonies. There are specific prayers to be offered, scriptural passages to be read and vows to exchange.

But the letters bring something different.

Through their own words, the couple essentially writes their own sermon about life, love and their expectations for marriage, Sidebottom said.

They add a personal touch to a ceremony much like self-written vows, a trend that began in the 1960s as some couples moved away from religious tradition, said Diane Warner, author of the Complete Book of Wedding Vows (New Page Books, 2006). Warner had not heard of Sidebottom's letters, but said that, especially in stricter faiths where customized vows are discouraged, they might be a way to satisfy both clergy and the couple.

"And for those who have children, someday those letters will be a really valuable gift," said Warner of Tucson, Ariz.

JENNIFER DOBNER/
THE ASSOCIATED PRESS

THE DOWN-LOW ON DOWN PAYMENTS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Saving for a down payment in a chequing account or hiding cash in a safety deposit box are counterproductive; they earn little to no interest and are too easy to dip into.

The best approach is to start saving well in advance using savings vehicles that earn interest, but don't put your funds at risk.

Start thinking about how much you'll need for a down payment. Experts recommend having at least 20 per cent of the home's value. If you've got less than that, don't panic.

Financial institutions will accept less than 20 per cent down payment but, you'll pay a premium for an insured mortgage through Canada Mortgage and Housing Corporation (CMHC). Check out the insurance rates at cmhc-schl.gc.ca/.

Let's say you plan buy a $200,000 home in three years and you'd like to save 20 per cent down payment, or $40,000, to avoid CMHC fees.

There are two savings approaches: first; invest regular monthly amounts by having money automatically transferred from your bank account on payday so that you don't accidentally spend it; or second; invest lump sums each year.

Saving monthly works well when you've got a fixed budget.

In this example, you'd need to tuck away $1,111 per month for 36 months.

Saving in lump sum contributions works well when you receive annual bonuses, tax refunds or money from other sources like family members.

In this example, lump sum contributions work out to $13,333 annually.

The safest interest earning investment vehicles are high-interest savings accounts, guaranteed investment certificates (GICs) and money-market mutual funds.

A high-interest savings account is the same as a traditional savings account, but it pays more interest on your funds than a traditional savings account, therefore it's a pretty good place to save.

A GIC is a guaranteed investment that will stay protected while earning interest (not a gigantic amount of interest, but it's a respectable amount).

GICs are invested for a specific amount of time and you get to select when you'd like them to mature — typically a six-month minimum term to a five-year term. Because GICs lock in your money for a specific amount of time, they're a great way to save because you can't get your money out easily if you're feeling tempted to spend.

A money market mutual fund is a low-risk investment based on very secure government-backed assets and high-quality corporate bonds, which has no guaranteed return, but typically generates a small, less-risky, return.

Unfortunately there's no easy way to save for a down payment. It takes hard work, determination and frugal living. But, the act of saving helps you form healthy financial habits which you'll need once you're a home owner.

Find security in cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat.

Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop.

For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday.

But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage.

The top one-year rate I found was 1.75 per cent for an AGF Trust GIC.

There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will loose some or all of your interest.

"In times of turmoil a guaranteed return is something to love."
- ALISON'S MONEY RULE

There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.)

ETFs are investment products — not mutual funds — that simply track an index.

They are cheap and transparent.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol CRM, and has a management fee of just 0.25 per cent.

You can set up an automatic purchase plan with Claymore to avoid paying a trading commission with each purchase.

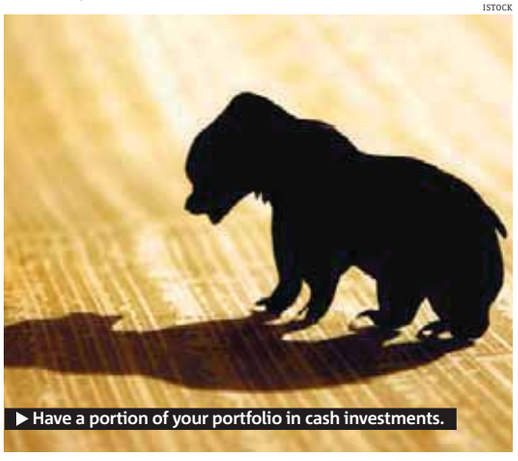
Go to claymoreinvestments.ca and click on PACC (pre-authorized cash contribution.)

The current yield on CRM is about 1.1 per cent.

Not as good as you'd get from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates.

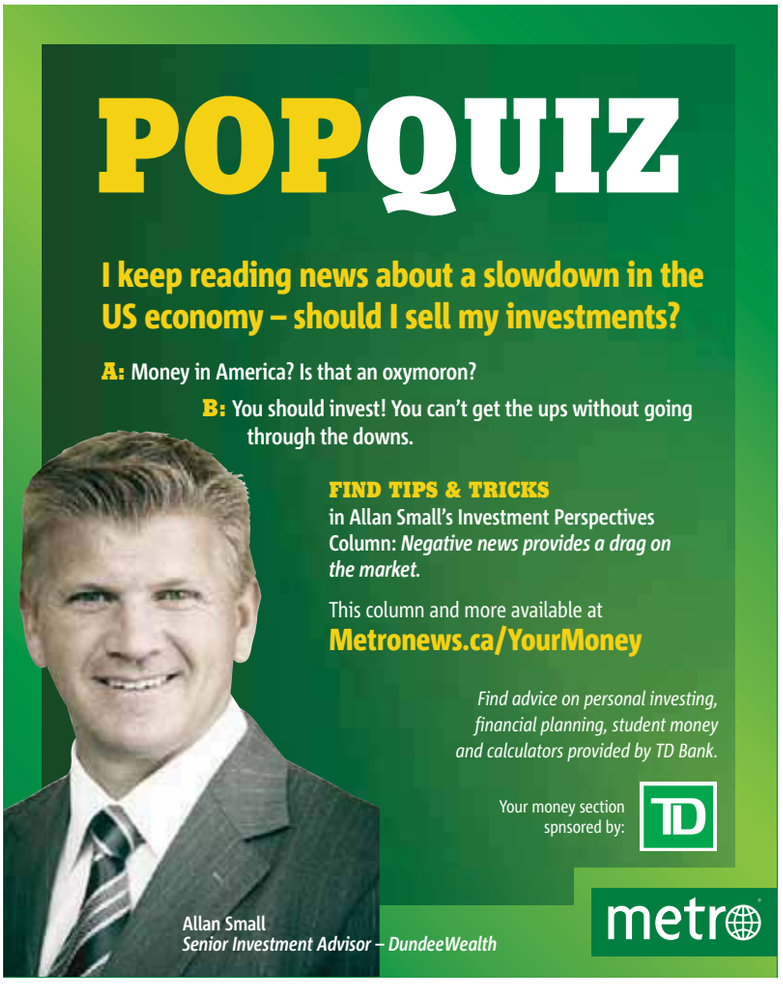
If you need more information, call Claymore, 866-417-4640.

ISTOCK



▶ Have a portion of your portfolio in cash investments.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.


POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can't get the ups without going through the downs.
FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
Your money section spnsored by:
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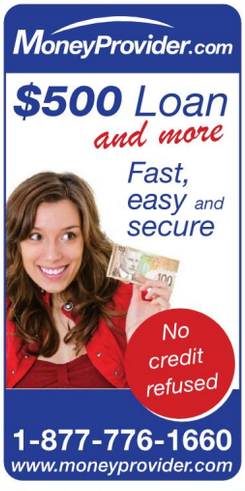
metro

4 sports

More sports

NBA COMMISSIONER DAVID STERN CANCELLED THE FIRST TWO WEEKS OF THE SEASON YESTERDAY AFTER PLAYERS AND OWNERS WERE UNABLE TO REACH A NEW LABOUR DEAL TO END THE LOCKOUT.



Schneider responds for Canucks

Young goaltender's timely save puts Vancouver in position to get first win of season

3	2
CANUCKS	JACKETS

PAUL VERNON/THE ASSOCIATED PRESS

▶ Vancouver's Alexandre Burrows scores the game-winning goal off a rebound from Blue Jackets goaltender Steve Mason last night in Columbus, Ohio.

Already down a goal to the Blue Jackets in the third period, the Vancouver Canucks badly needed a stop on a penalty shot from goaltender Cory Schneider.

They got it — and the game-turning momentum.

Cody Hodgson tied the game just a minute later and Alexandre Burrows scored on a power play to turn a potential loss into a 3-2 victory last night that gave Columbus its first 0-3 start to a season in franchise history.

"Schneids was good," Vancouver coach Alain Vigneault said. "He kept us in it. He made a big save on that penalty shot. It gave us a chance to come back and win the game."

The Blue Jackets were swarming the net when Vancouver defenceman Christopher Tanev fell on a puck loose in the crease and grabbed it with his right glove while knocking the goal cage off its moorings. A lengthy video review followed, which determined the puck had crossed the goal line. Eventually, Columbus was awarded the penalty shot because the referee had called the play dead while Tanev was covering the puck.

But Schneider got a piece of rookie Maksim Mayorov's attempt.

"I know he's a pretty skilled player," said Schneider, who had 23 saves. "I played against him in the American (Hockey) League. He's not your typical third-liner, so he has some skill. When he comes in that way, he looks low blocker. At the last second I saw him open up for high glove and fortunately I got a piece of it with my arm."

Moments later, it was tied when Dan Hamhuis fired a pass from the left corner near the goal line that was redirected by Hodgson.

"Hammer made a great play coming down the wall and he threw it on the net," Hodgson said. "(Mikael) Samuelson pulled the guys high and I was just fortunate to get a stick on it."

Shortly after Columbus' Grant Clitsome went to the penalty box for a high stick, the Canucks picked up what became the winning goal.

Daniel Sedin tossed the puck from the right boards to Burrows at the net, and he made a quick turnaround while controlling the puck. Steve Mason, who had 22 saves, stopped the first shot but Burrows tapped in the rebound.

"I was just able to get my stick open and Danny made a good play," Burrows said. "I was trying to take it to the net for a scramble. I got the rebound and I was able to put it in."

Chris Higgins also scored for the Canucks.

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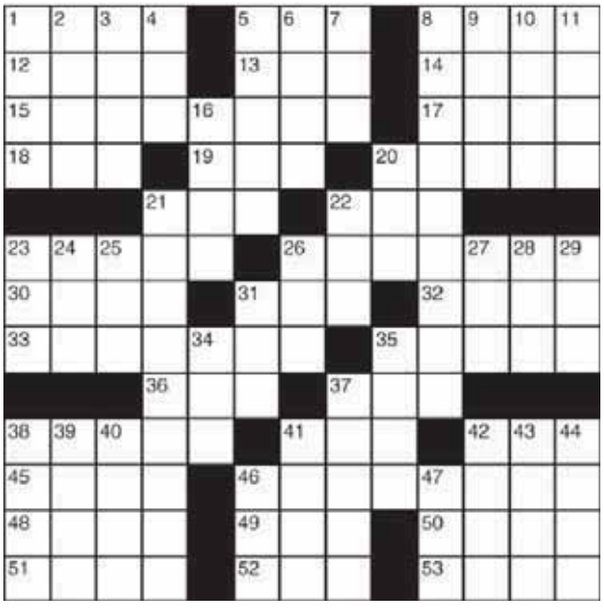
Crossword



Across

1 Sculpting medium
5 1/6 fl. oz.
8 "— on first?"
12 Tittle
13 — carte
14 Apiary structure
15 Jungle-like
17 Persia, now
18 Shrill bark
19 Cage component
20 Refine ore
21 Cauldron
22 Two, in Tijuana
23 Chef's garb
26 Broadway presentation
30 Authentic
31 14-Across dweller
32 "The Da Vinci —"
33 Like sorcery
35 "Humpty Dumpty — a wall"
36 Yank
37 Aviv lead-in
38 Denude
41 Dopey companion?
42 "I — Camera"
45 Ice cream shop abbr.
46 Upright
48 Sills solo
49 Type measures
50 Bride's concealment
51 Think (over)
52 Sticky stuff
53 Whirling water

Down

1 Urban area
2 Actress Loughlin
3 On
4 Mouth, slangily
5 Implied
6 Thick chunk
7 Chum
8 Capricious
9 Employ
10 Elliptical
11 Faxed or emailed
16 Pressing need?
20 "Help!"
21 Governmental
22 Payable
23 Branch
24 Pod occupant
25 Tatter
26 Funnyman Brooks
27 Barracks bed
28 Commotion
29 Author Deighton
31 Satchel
34 Coffee holder
35 Denomination
37 Human trunk
38 Con game
39 Via, for short
40 Disturb
41 Showroom sample
42 Scored 100 on
43 Hotel staffer
44 Partner in crime
46 — out (relax)
47 "— Got a Secret"

▶ Friday's answer

J	A	M	B	S		S	A	W		T	N	T
A	B	O	R	T		I	F	I		W	O	E
M	A	N	I	A		L	A	N	T	A	N	A
		T	E	M	P	E	R		R	I	C	K
A	G	A		P	A	N		M	A	N	E	S
M	I	N	E		S	T	R	A	D			
P	L	A	N	E	T		A	V	E	S	T	A
			L	O	A	D	S		S	M	O	G
C	A	B	I	N		O	P	S		E	Y	E
A	V	E	S		S	T	Y	L	E	T		
S	A	N	T	A	N	A		I	M	A	G	E
K	I	N			L	A	G		D	I	N	A
S	L	Y			A	P	E		E	R	A	S	E

Sudoku

2			9	4				1
	4					3	2	
	9			2	7			8
					1			7
		7				6		
8			5					
3			6	1			8	
	1	2					5	
5				3	4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	1	4	8	7	3	9	6	2
8	3	7	2	9	6	1	5	4
9	6	2	4	1	5	7	3	8
6	8	5	9	2	1	4	7	3
2	7	9	3	5	4	8	1	6
1	4	3	6	8	7	2	9	5
4	5	1	7	3	2	6	8	9
7	9	6	5	4	8	3	2	1
3	2	8	1	6	9	5	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

girl
Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke.. but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.
FROM YOUR GUY

Matt
I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving.
FROM R

O hi
Happy dolphins n rainforests said hi to you:):) LOL..look after yourself pl. Thanks for being so wonderful
FROM CHEERS

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Some people believe that might makes right, but you know better.

♉ Taurus April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.

♊ Gemini May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.

♋ Cancer June 22-July 22 Employers and other important people can see you mean business. That's good.

♌ Leo July 23-Aug.23 You will be easily provoked today, especially if you think that someone is taking liberties at your expense.

♍ Virgo Aug. 24- Sept. 22 Stick to your principles, even if by doing so you lose out financially.

♎ Libra Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

♐ Sagittarius Nov. 23-Dec. 21 No one expects you to be perfect, so don't expect it of yourself. You may have to hold up your hand and admit you made a mistake, but what of it?

♑ Capricorn Dec. 22-Jan. 20 You will have to deal with other people's bullying tactics today.

♒ Aquarius Jan. 21-Feb. 18 Do not allow minor events to upset you emotionally. Surround yourself with happy people.

♓ Pisces Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month.

SALLY BROMPTON

Caption contest

REED SAXON/THE ASSOCIATED PRESS

CHRIS CARLSON/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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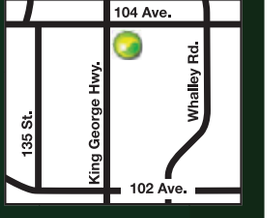

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